

November – Lung Cancer Awareness Month

STATISTICS

- Lung cancer is the leading cause of all cancer-related death in Michigan and the U.S.
- Lung cancer is the 2nd most frequently diagnosed cancer in Michigan, behind only prostate cancer.
- During 2004, a total of 7,351 Michigan men and women were diagnosed with lung cancer.
- 5,789 Michigan men and women died of lung cancer in 2005.
- Michigan ranks 21st in the nation in lung cancer deaths.
- In 2007, the American Cancer Society estimates that there will be 8,210 new cases of lung cancer and 5,840 lung cancer deaths in Michigan.

SMOKING IN MICHIGAN

- Approximately 25% of Michigan men and 22% of Michigan women smoke cigarettes, significantly increasing their risk of developing lung cancer.
- Smoking begins at an early age in Michigan.
 - Seventeen percent of Michigan high school students report smoking one or more days in the previous month.
 - Nearly 8 percent of Michigan high school students report frequent smoking (more than 20 of the previous 30 days).

RISK FACTORS

- Smoking is the leading risk factor for lung cancer. More than 95% of lung cancers that occur among current smokers were found to be a result of smoking.
- Nonsmokers who breathe second-hand smoke have an increased risk of developing lung cancer. Non-smoking spouses of smokers have a 30 percent greater risk of developing lung cancer than do spouses of non-smokers.
- Other factors that increase an individual's risk of developing lung cancer include:
 - Increasing age
 - A personal history of lung cancer
 - Exposure to asbestos or other specific cancer-causing agents in the workplace or environment

RESOURCES

American Cancer Society
www.cancer.org

American Lung Association
www.lungusa.org

Centers for Disease Control and Prevention
www.cdc.gov/tobacco

Lung Cancer Alliance
www.lungcanceralliance.org

Michigan Cancer Consortium
www.michigancancer.org

Michigan Department of Community Health
www.michigan.gov/tobacco

National Cancer Institute
www.cancer.gov/cancerinfo/tobacco

Smoke-Free Michigan
www.smokefreemichigan.org

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

November 2007

COMMON SIGNS AND SYMPTOMS OF LUNG CANCER

Although most lung cancers do not cause symptoms until they have spread, you should report any of the following to your doctor right away. Often these problems are caused by something other than cancer. But if lung cancer is found, prompt treatment could extend your life and relieve your symptoms.

- A cough that does not go away
- Chest pain, often made worse by deep breathing
- Hoarseness
- Weight loss and loss of appetite
- Blood or rust-colored sputum (spit or phlegm)
- Shortness of breath
- Recurring infections such as bronchitis and pneumonia
- New onset of wheezing

When lung cancer spreads to distant organs, it may cause the following:

- Bone pain
- Weakness or numbness of the arms or legs
- Dizziness
- Yellow coloring of the skin and eyes (jaundice)
- Masses near the surface of the body, caused by cancer spreading to the skin or to the lymph nodes in the neck or above the collarbone

FREE SMOKING CESSATION RESOURCES

Telephone Services

- Michigan Tobacco Quit Line
1-800-480-QUIT
- National Cancer Institute
1-877-448-7848

Online Services

- National Cancer Institute's Live Help
www.cancer.gov
- American Lung Association's Freedom from Smoking Program
www.lungusa.org
- Try-To-Stop Resource Center
www.trytostop.org
- Quit Net – Quit All Together
www.quitnet.com

Materials

Tobacco cessation resource materials, including the Michigan Smoker's Quit Kit can be obtained online at:
www.michigan.gov/tobacco
Or, you can call the Health Promotions Clearinghouse at **1-800-537-5666** and request a copy be mailed to you.

GREAT AMERICAN SMOKEOUT

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day. This year's event will be held on **November 15, 2007**. The event challenges people to stop using tobacco and raise awareness of the many effective ways to quit for good.

For more information about the Great American Smokeout, please visit
www.cancer.org.